

Regular Line

BREAKFAST		LUNCH	DINNER
M O N	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy	Vegetable Barley Soup Navy Bean Soup Chicken Enchiladas Beef Fajitas Refried Beans Spanish Rice Mixed Vegetables Cornbread	Soup Du Jour Chicken and Dumplings Steamed Rice Brussel Sprouts Fried Okra Panini Roll
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash Lyonnaise Potatoes French Toast Biscuits/Breakfast Gravy	Chicken Tortilla Soup Cream of Asparagus Soup Fish Sandwich Barbecue Pork Tater Tots Whole Kernal Corn Peas	<u>Resident Birthday Dinner</u> Roast Prime Rib of Beef Fish Pistachio Baked Potato Sour Cream Asparagus Country Corn Dinner Roll
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Patty Creamed Chipped Beef Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Pinto Bean Soup Corn Chowder Spaghetti with Meat Sauce Baked Turkey Breast/Gravy Cornbread Dressing Broccoli Blackeye Peas Garlic Bread	Soup Du Jour Chicken Primavera Noodles Eggplant Casserole Carrots Amandine Golden Dinner Roll
T H U R S	Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Corned Beef Hash O’Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy	Minestrone Soup Cream of Potato Soup Grilled Ham & Cheese Sandwich Country Fried Steak/Gravy Mashed Potatoes Kale Creamed Corn	Soup Du Jour Braised Beef Cubes Noodles Turnip Greens Lima Beans Cornbread
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Turkey Noodle Soup Clam Chowder Assorted Pizza Chicken Salad Cauliflower Green Peas	Soup Du Jour Salmon Patties Home Fried Potatoes Succotash Zucchini Country Seeded Rolls
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Patties Creamed Ground Beef Lyonnaise Potatoes Buttermilk Pancake Biscuit/Breakfast Gravy	Vegetable Soup Split Pea Soup Chicken Cordon Bleu Fried Shrimp Baked Potato Sauteed Mushrooms & Onions Italian Green Beans Dinner Rolls	Soup Du Jour Yankee Pot Roast with Potatoes Carrots Corn on the Cob French Dinner Roll
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Oven Baked Bacon Baked Beans/Cornbread Hashbrowns Biscuit/Breakfast Gravy	Chicken Noodle Soup Tomato Rice Soup Italian Sausage with Peppers & Onions Fish Pecan Mashed Sweet Potatoes Asparagus Squash Hoagie Rolls	Soup Du Jour Fried Chicken AuGratin Potatoes Peas & Carrots Sugar Snaps Panini Roll

DESSERTS

Mon: Pecan Pie	DL Chocolate Chip Cookies, Sugar Free
Tues: Cheesecake	DL Cheesecake, No Sugar Added
Wed: Oat Raisin Cookies	DL Apple Pie, No Sugar Added
Thurs: Brownies	DL SF Chocolate Pudding
Fri: Tapioca Pudding	DL Cherry Pie, No Sugar Added
Sat: Fruit & Nut Bars	DL Sugar Free Tapioca Pudding
Sun: French Silk Pie	DL Sponge Cake

DAILY SHORT ORDER LINE

Grilled Hamburger
Grilled Hotdog (M,T,Th,F,S,Su)
Grilled Chicken Breast
Grilled Cheese Sandwich
Sauerkraut/Chili
Lettuce/Tomato/Onion
Steak Fries
Assorted Cold Cuts (Wed Only)
Swiss Cheese (Wed Only)

Diet Line Menu #6 – Week of: October 16 – 22, 2006

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for one-on-one consultation.

BREAKFAST		LUNCH	DINNER
M O N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Ham Slices Biscuit/DL Gravy	DL Navy Bean Soup DL Tacos Flour Tortillas Refried Beans Mixed Vegetables Baby Carrots	DL Soup Du Jour Baked Chicken Breast Brown Rice DL Chicken Gravy Brussel Sprouts Boiled Okra Panini Rolls
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Cream of Asparagus Baked Fish Oven Baked Potatoes Cabbage Yellow Squash/Onions	<u>Resident Birthday Dinner</u> No diet line menu. Refer to main line menu.
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Patty Biscuit/DL Gravy	DL Pinto Bean Soup Baked Turkey Breast Mashed Potatoes Broccoli California Blend Vegetables	DL Soup Du Jour DL Chicken Primavera Noodles DL Eggplant Casserole Carrots Almandine
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Minestrone Soup Baked Pork Loin Mashed Potatoes Kale French Cut Green Beans	DL Soup Du Jour DL Braised Beef Cubes Noodles Wax Beans Baked Tomato Halves
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Turkey Noodle Soup Vegetable Pizza Cauliflower Harvard Beets	DL Soup Du Jour Salmon Patties Potato Wedges Asparagus Zucchini Country Rolls
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Soup Sauteed Shrimp Baked Potatoes Mushrooms & Onions Italian Green Beans Dinner Rolls	DL Soup Du Jour DL Yankee Pot Roast with Potatoes Carrots Stewed Okra and Tomatoes French Dinner Rolls
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Chicken Noodle Soup Baked Fish Baked Sweet Potatoes Asparagus Yellow Squash	DL Soup Du Jour Baked Chicken DL Au Gratin Potatoes Peas & Carrots Sugar Snaps Panini Rolls

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese, Raisins

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno or Banana Peppers, Sugar Free Jello

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

Mon: Pineapple Chunks, Macaroni Salad
Wed: Pear Halves, Potato Salad
Fri: Apricot Halves, Three Beans Salad
Sun: Fruit Cocktail, Carrot & Raisin Salad

Tue: Peach Slices, Marinated Cucumbers
Thurs: Pineapple Slices, German Tomato Salad
Sat: Mandarin Oranges, Pasta Salad